



GUANTANAMO BAY *Gazette*

Vol. 59 No. 35

Friday, September 06, 2002



Facing Memories of 9-11

Public 911 Events

The GTMO Fire Department is sponsoring a bell ringing to remember the firefighters and police officers who lost their lives attempting to rescue victims at the World Trade Centers. Bells will ring at 1005 and 1028 when each of the towers collapsed. The Guantanamo Bay Community is Remembering 9-11 with a memorial ceremony at the base chapel at 6pm.

Energy Conservation

Shut off your computer monitor when you leave the office for 10 minutes or more. A monitor typically uses 60 watts of power.

Water Conservation

AUG. 26 - SEPT. 01

Used 7,471,165.0
Daily avg. 1,067,309.3
Daily goal 1,000,000 gal

We spent \$48,852.14 over our budget for the week.

U.S. Naval Base Guantanamo Bay

Gazette

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This newspaper is an authorized publication for members of the military service stationed at Naval Base Guantanamo Bay. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Navy and do not imply endorsement thereof.

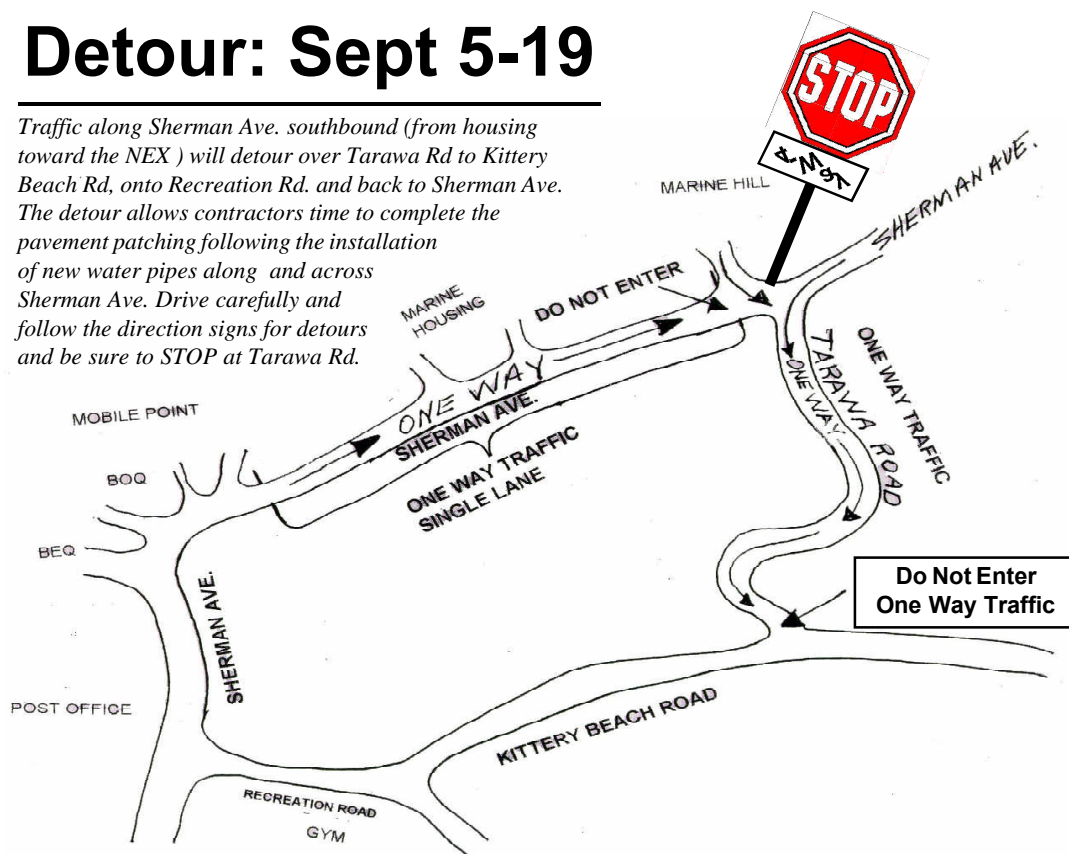
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Detour: Sept 5-19

Traffic along Sherman Ave. southbound (from housing toward the NEX) will detour over Tarawa Rd to Kittery Beach Rd, onto Recreation Rd. and back to Sherman Ave. The detour allows contractors time to complete the pavement patching following the installation of new water pipes along and across Sherman Ave. Drive carefully and follow the direction signs for detours and be sure to STOP at Tarawa Rd.



Junior Enlisted Association News

The mission of the JEA is to promote better working conditions, camaraderie and educational and recreational programs to all E-4 and below. We need strong support from the Junior Enlisted Community to keep the program up and running and to be successful. Membership dues are \$4 dollars a month per member. Meetings are held twice a month, in the BEQ kitchen. **The next meeting is September 13 at 5pm.** If you would like more information or would like to get involved please feel free to call.

SPOA: Come Join the Fun and Get Involved

The SPOA is a service oriented group who believes in giving back to the community around them. We also give support and assist to our members who are seeking advancement as well as promote commadery among the senior petty officers.

If you are looking for volunteer opportunities and ways to get involved in the community, the SPOA is the place for you. Membership dues are \$5 per month and the group meets at 11:30 am on the first and third Friday of each month. Meetings are held in the Windjammer in the upstairs "ACEY DEUCEY" lounge. **The next meeting is scheduled for September 6.** Come join in the fun and get involved in the community.

August/September Tides Chart

Day	Time	Height	Time	Height	Time	Height	Time	Height
07	0243	0.46	0827	1.44	1437	0.08	2121	1.77
08	0325	0.34	0927	1.58	1531	0.16	2203	1.69
09	0407	0.24	1027	1.69	1631	0.27	2245	1.58
10	0449	0.16	1127	1.78	1737	0.39	2327	1.46
11	0531	0.11	1227	1.83	1843	0.52		
12	0015	1.34	0625	0.09	1333	1.85	1949	0.63
13	0103	1.23	0719	0.11	1439	1.84	2107	0.71

The End Of A Career

Chief Selectees Retire the Flag at Cable Beach



Members of the Guantanamo Bay Community, Boy Scouts and Girl Scouts, GTMO CPOs, and the COs of Naval Station and the Naval Hospital, Capt. Robert Buehn and Capt. Al Shimkus, were on hand for a solemn ceremony to retire flags flown over GTMO. Chief Selectees performed the ceremony Monday.



Left: HMC (Sel) Tino Faustino passes the red stripes of a flag flown over JPJ Hill to YNC (Sel) Rod Perryman who places them on the fire. The ceremony involves cutting the red stripes from the white and cutting out the blue star field before burning the flag.



Right: YNC (SW) (Sel) Sonya Schaefer and DTC (SW) (Sel) Wanda Simmons prepare the star field to be passed to the flames as AGC (AW) (Sel) Eileen Duncan waits to carry it to the fire pit.



The Guantanamo Bay Fire Department Ball

September 14, 2002
Windjammer Ballroom
Doors Open at 5:30pm
\$20 per person Formal Attire
For tickets or info, call 4598/4222
or stop by Fire Admin or Fire Station #1.

BRIEFS

AACO Auction

The African American Cultural Organization is hosting a Bachelor and Bachelorette Auction at the Windjammer on Sept. 20 at 5pm.

All proceeds from the event go toward the organization's High School Scholarship Fund.

For more information on the event, contact Sara Holman at 7448.

Paint a Lighthouse

The Navy Ball Committee is looking for community members to share in making this year's Navy Ball a rousing success.

Anyone interested in painting a ceramic Lighthouse, which will be used as table centerpieces, should contact CMC Mustain at 4474.

The Lighthouses will be given away during the Oct. 19th ceremony. Share your artistic talents with the GTMO community.

Babysitting Course Available

The American Red Cross offers a free Babysitting Class on Monday, Sept. 9, from 9am to 5pm at the Fleet and Family Support Center's Training Room.

The class is designed for those 11 years old and up. Its focus is to teach responsible decision-making, safe play, basic care and responding to emergency situations.

For more information, contact Harriet at 5060.

Occupational Health Notes

Occupational Health Services will be unavailable from Sept. 1 through Sept. 24. Services will resume on Sept. 25.

Occupational Health check-in's are "by appointment" for personnel that are on medical surveillance/certification programs at the following commands: Brig, Migrant Ops, MWR, Naval Hospital, OMD, Ordnance, Security, and the Vet. Clinic. Appointments may be scheduled via Central Appointments @72110. POC for questions is Ms. Greene @7-2196.

continued, page 4

BRIEFS CONT.

CPO Pinning

The GTMO Community is invited to witness its newest Chiefs receive their anchors at the CPO Pinning Ceremony on Sept. 16 in the Windjammer at 3pm.

Child Birth Class

If the stork is due to visit you between September 2 and December 2, sign up for the Sept. 16th Child Birth Class at the Community Center from 6:30 to 8pm.

Call Lt. Belim at 72176 to register for the class.

TAP Seminar Sept. 23

What is TAP? The Transition Assistance Program seminar was designed by the Department of Defense to smooth the transition of military personnel and family members from government service. It's your best chance for success in the next stage of your life. Whether you're going back to school, or looking for a new career, success requires planning and resources. TAP is designed to help. The key to transition success is knowledge of available services and a firm understanding of how to use them. By law, all transitioning military personnel are required to receive pre-separation counseling no less than 90 days prior to leaving active duty. However, an effective transition requires a lot of planning and action on your part. Consequently, you are strongly recommended to attend a pre-separation counseling session at least 180 days prior to separation.

The TAP seminar is held quarterly at the Fleet and Family Support Center's training room. Dress code is business casual. Spouses are encouraged to attend. Contact your Command Career Counselor for your pre-separation. For more information on the Transition Assistance Program, or other programs, contact the Fleet & Family Support Center, TAMP Manager, ext. 4141. Next TAP Seminar is scheduled for 23 - 26 Sep 02.



The 2002 South Atlantic Regional Men's Softball Third Place winners, Back row, l to r: James Schols, Tom Coggins, Rich Loterbaugh, Brad Kelley, Mike Russ, Tom Brunsvold, Tim Valle (Team Coach). Front row, kneeling, l to r: Tim Sheldon, Paul Dauberman, Walt Zapf (Team Captain), Matt Nalley, Rich Bezouska and Dave Taylor.

Guantanamo Bay Places 3rd In Regional Softball

Naval Station Guantanamo Bay took third place in the South Atlantic Regional Men's Softball Tournament, held at Submarine Base Kings Bay, Georgia on Aug. 10.

GTMO's team headed by coach Tim Valle of NLMOD GTMO, started off the tournament against the Naval Station Mayport Hurricanes.

Battling heavy rains, the hard-hitters from GTMO made it tough for the Hurricanes to keep up. The team walked away with a 12-4 victory, sending the Hurricanes to the loser bracket. GTMO went on to face the Charleston team.

Still playing in the rain, GTMO squeaked by the Charleston team and went on to face and beat NAS Jacksonville. This win put them into the last game of the winner's bracket.

Playing a team from Cape Canaveral, GTMO's winning streak was snapped as they lost 8-7 in the bottom of the seventh.

Not out of the running for a big finish, GTMO went on to face the Gladiators from Jacksonville.

The Gladiators, however, had championship dreams of their own and won the game over GTMO 20-12. Even with this loss, however, GTMO still walked away with their heads held high, as well as a third place finish overall.

"The experience was outstanding," said GTMO's team captain, MA1 Walter Zapf. "We get so complacent down here that we forget the quality of ball players that are out there. It is easy to 'stack' a team down here and beat everyone, but when you go to tournaments like this, most of the other bases have had thousands of more people to pick from to make their team."

Even though GTMO's base population limited the amount of superior ball players, Zapf said he is very impressed and happy about how the team performed in the face of some stiff competition.

"We trained hard this year," said Zapf. "How you practice is how you play. The first team we played, NAVSTA Mayport, took second place last year in this tournament. So, that shows the quality of the teams we beat."

Although Zapf said getting flights on and off the island were difficult, he still hopes that tournaments like these boost morale and hopes to travel again and compete in more tournaments.

Congratulations to the entire GTMO softball team. We look forward to seeing you take home another trophy in next year's tournament.

AUGUST AWARDEES



ET1 Michael Newton - Military Outstanding Volunteer Service Medal



**MA1 Walter Zapf
Military Outstanding
Volunteer Service Medal**



**AM2 Roger Parkey
Navy/Marine Corps
Achievement Medal**



**MM3 Savana Thomas
Navy/Marine Corps
Achievement Medal**



**MA1 Jennifer Drake
Military Outstanding
Volunteer Service Medal**



IC2 Latrisia Tait - Letter of Appreciation



**GM2 Jay Wojcik
Good Conduct Medal**



PTO Meeting

Tuesday, Sept. 10

**5:30 - 6:30pm - Back to School
Night**

6:30 - 7:15pm - First PTO Meeting

** For a small fee, enjoy a pizza
dinner in the cafeteria.*

** PTO Membership Drive -
Member dues are \$5 per family
All who sign up will be eligible for
door prizes.*

*The class with the most parent
members wins an Ice Cream Party.*

** Register for School and Class
Photos. We will also take
registration for Sunset Family
Photos to be taken on Stephen
Crane Hill on September 21st and
22nd.*

** Vote on the proposed PTO Budget
for the 2002-03 school year.*

Plant Nursery

**The GTMO Plant Nursery
opens September 14.**

**The nursery operates on
alternate Saturdays from
8:30 to 11:30am.**

**Volunteers are needed.
Call 5060 to lend a hand.**



Got Laughs?

You did if you attended the USO/Comedy Central Show last Thursday evening at the Windjammer where 11 comedians put on two shows for GTMO.



**Lenny
Clarke**



**Gregg
Rogell**



Louis Ramey



Colin Quinn



**Laurie
Kilmartin**



**Nick Di
Paolo**

Also performing were: James Gaffigan Tony Rock , Modi Rosenfield, Greg Giraldo and Michael Birbiglia.

The evening was one that many residents will remember and many more will look forward to seeing on the Comedy Central Network programs which present the standup talents of various comedians at clubs across the country. This time they will venture all the way to GTMO for the standup routines that make up the program. The routines recorded here will make their way into several programs to be aired through the end of October on Comedy Central, giving the rest of GTMO a chance to see the shows.

Should the worst happen...

More and more, GTMO residents are taking to the hills... for recreation and exercise. Biking GTMO's trails offers unprecedented views and physical challenges. One of those challenges is remaining upright.



Last week, Guantanamo Bay's emergency services teams, fire, medical and security, joined in an exercise to test their response capabilities. A mock cycling accident was set up on Ridgeline Trail and the 911 system activated. The teams of emergency response personnel from all three groups coordinated their efforts to reach the injured cyclists (left: volunteer Donna Coakley and above: an un-named medical treatment mannequin). The teams worked well to stabilize the victims based on their assigned injuries and then transport them from the scene to the hospital for emergency room treatment. More of the exercises are planned in the future to keep the teams in top training shape in the hopes that their services will not be needed in a actual emergency.

Growing Past the Trauma of Sept. 11

By Jim Garamone
American Forces Press Service

As the anniversary of the Sept. 11 attacks approaches, people may find themselves experiencing emotions they felt they were past.

The anniversary may reawaken the trauma many people experienced, said psychologist Victor Welzant of the International Critical Incident Stress Foundation. He spoke to a Pentagon audience Aug. 28 about what to expect as Sept. 11 approaches. The Pentagon Employee Referral Service sponsored the presentation.

"This is a time to be really tolerant of each other," Welzant said. "People are going to have to work together and talk together, and together we can get through this."

He said that all people mark anniversaries. Birthdays and wedding anniversaries are typical celebrations around the world. People around the world also mark anniversaries of "life changing" events — and Sept. 11, he said, certainly fits into that category.

As the day approaches, people affected may experience a number of reactions. "All this is perfectly normal," Welzant said.

Those closest to the tragedy are likely to be affected most, he said. Those affected may experience memories, dreams, thoughts and feelings about the event. They may experience feelings of grief, sadness or regret.

They may become afraid or anxious or angry. They may wish to avoid people or places that trigger these memories. Finally, they may feel the need to reflect on the incident and how it changed their lives.

"Again, all this is perfectly normal," Welzant said, so people should not believe they are strange or somehow crazy.

Psychologist Mary Lindahl of Marymount University in Arlington, Va., said that translating these feelings into words helps. "After such seismic events, many people wrote poetry, kept journals or just detailed what happened," she told the audience. "Tests show this reduces blood pressure."

She said that the opposite also generally holds true. "If you try to keep your feelings inside, it takes a toll on your body," she said. "It is work for the body to try to keep those feelings inside." This shows with higher blood



Fire fighters and military personnel unfurl an American flag from the roof of the Pentagon during the Sept. 12, 2001, visit of President George W. Bush to the site of the previous day's terrorist attack on the Pentagon. DoD photo by R. D. Ward. (Released)

pressure, facial tics and other physical manifestations.

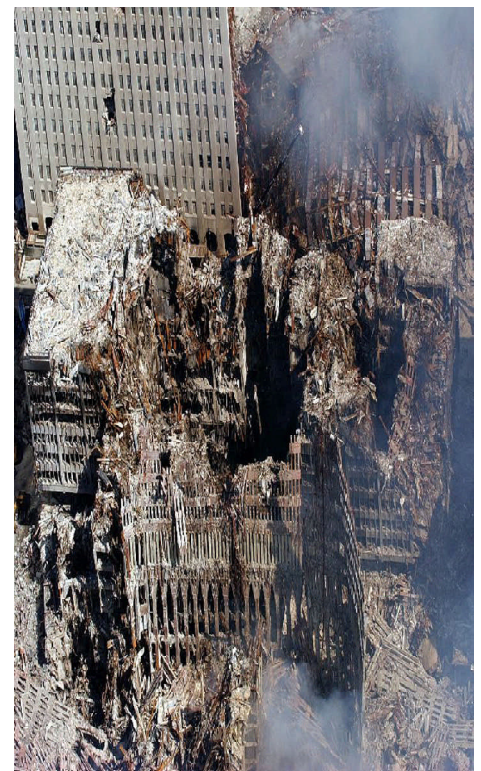
Lindahl said that many who suffered the trauma of Sept. 11 would come out of the experience stronger. "It's just like a broken bone," she said. "When it finally heals, it is stronger than before."

She said research shows that those who go through events they call "a psychological earthquake" often find it easier to express emotions. They are more compassionate and giving and have a greater appreciation for life.

All religions have this tenet of growing past the pain, she said. "In Christianity, first there is the cross, then the Resurrection," Lindahl said. "While no one would choose to go through this pain, they can grow because of it."

She cited the founders of Mothers Against Drunk Driving as an example of people who took pain they suffered and grew from it.

Lindahl and Welzant both stressed that people going through this experience are not alone. "The message is that whatever your personal situation, no matter what stage of



Ground Zero, New York City, N.Y. (Sept. 17, 2001) — An aerial view shows only a small portion of the crime scene where the World Trade Center collapsed following the Sept. 11 terrorist attack. Surrounding buildings were heavily damaged by the debris and massive force of the falling twin towers. Clean-up efforts are expected to continue for months. U.S. Navy photo by Chief Photographer's Mate Eric J. Tilford. (RELEASED)

grief you are in, we are all in this together," Lindahl said. "We can help each other, and we can become stronger in the broken places."

NEXT WEEK IN THE GAZETTE

*Coverage of the Naval
Station, memorials to 911.*

*Community members recall
where they were when they
first heard about the attacks
on America.*

September is Suicide Prevention Month

By Jim Garamone
American Forces Press Service

The last thing that most people expect is that they will run out of reasons to live. But if you are experiencing suicidal thoughts, you need to know that you're not alone. By some estimates, as many as one in six people will become seriously suicidal at some point in their lives.

Fortunately, most people do not act on their suicidal thoughts - crises pass and problems are solved. But sometimes thoughts lead to self-harm.

Suicidal thinking is usually associated with problems that can be treated. Clinical depression, anxiety disorders, chemical dependency, and other disorders produce profound emotional distress. They also interfere with effective problem-solving. But you need to know that new treatments are available; and studies show that the vast majority of people who receive appropriate treatment improve or recover completely.

If you are unable to think of solutions other than suicide, it is not that solutions don't exist, only that you are currently unable to see them. Therapists and counselors (and sometimes friends) can help you to see solutions that otherwise are not apparent to you.

Suicidal crises are almost always temporary. Although it might seem as if your unhappiness will never end, it is important to realize that crises are usually time-limited. Solutions are found, feelings change, unexpected positive events occur. Suicide is sometimes referred to as "a permanent solution to a temporary problem." Don't let suicide rob you of better times that would have come your way if only more time had been allowed to pass.

Problems are seldom as great as they appear at first glance. Job loss, financial problems, loss of important people in our lives - all such stressful events can seem catastrophic at the time they are happening. Then, months or years later, they usually look smaller and more manageable. Sometimes, imagining ourselves "five years down the road" can help us to see that a problem that currently seems catastrophic will pass and that we will survive.

Reasons for living can help sustain a

person in pain. A famous psychologist once conducted a study of Nazi concentration camp survivors, and found that those who survived almost always reported strong beliefs about what was important in life. You, too, might be able to strengthen your connection with life if you consider what has sustained you through hard times in the past. Family ties, religion, love of art or nature, and dreams for the future are just a few of the many aspects of life that provide meaning and gratification, but which we can lose sight of due to emotional distress.

Do not keep suicidal thoughts to yourself! Help is available for you, whether through a friend, therapist, or member of the clergy. Find someone you trust and let them know how bad things are. This can be your first step on the road to healing.

*Adapted from the
American Association of Suicidology*

The Suicide Prevention Program

The Navy and Marine Corps team is made up of human beings, people who experience the range of disappointments, financial troubles, relationship failures, substance abuse, depression, illness, and everything else that life brings. And for some, suicide seems like the answer to their problems. As the second leading cause of death in the military (after accidents), suicide is a regrettable choice too many Sailors, Marines, and their family members make.

Because of the short- and long-term devastation a suicide brings, the Department of the Navy has developed an extensive suicide-prevention program to provide options for those contemplating taking their own lives.

The most important aspects of any prevention program are awareness and action (see the following key factors and common warning signs). Resources exist on every base and station and every ship in the fleet to help a man or woman in distress.

The chaplain, the Fleet and Family Support Center (FFSC), Marine Corps Community Services (MCCS), the chain of command, medical personnel, and the military police can all provide immediate assistance and support.

Key Suicide Risk Factors:

- Mental health problems such as depression and substance abuse.
- A family history of depression or substance abuse can also elevate a person's risk.
- Talk or hints of suicidal intent
- Previous history of suicidal threats and attempts

Depressive Symptoms

- Depression often plays a significant role in suicide and can be indicated by:
- Difficulty concentrating or remembering, indecisiveness
- Loss of interest in or enjoyment of usually pleasurable activities
- Loss of energy, fatigue, slowed speech and muscle movement
- Decreased productivity, poor performance
- Expressed feelings of inadequacy, worthlessness, or low self-esteem
- Change in sleep habits to too little or to a desire to sleep all the time
- Pessimism about the future, negative thoughts about the past
- No apparent pleasure in response to praise or rewards
- Tearfulness or crying
- Change in appetite, unwanted weight loss or weight gain
- Recurrent thoughts of death or suicide
- Decreased sex drive

Other Common Warning Signs:

- Preoccupation with death
- Giving away possessions
- Relationship difficulties, including a recent loss or threat of significant loss
- Impulsive anger and behavior
- Legal or financial trouble
- Isolation and withdrawal from friends and family, social isolation, a sense of intolerable aloneness
- Performance difficulties
- Inability or unwillingness to connect with potential helpers

The best thing to do for a friend, co-worker or family member suspected of suicidal thoughts or behavior is to refer them to a Navy Fleet and Family Support Center, Marine Corps Community Service Center, Chaplain, or Medical Treatment Facility for help.

Worship Services

Roman Catholic Mass

(Main Chapel)

Monday - Friday

Daily Mass (Cobre Chapel) 0630

Friday

Hours of Rosary 1700
(Cobre Chapel)

Saturday

Reconciliation 1630
Eucharist/Mass 1730

Sunday

Eucharist/Mass 0900

Eucharistic Adoration/Reflective
Prayer (Cobre Chapel)

Daily 24hrs

Protestant Services

Sunday

Services - Main Chapel 1100 & 1930
Camp America 0800
Leeward-Marine Barracks 1430

New Life

(Main Chapel)

Sunday

Worship Service 1245
Sunday School (Sanctuary B) 1130

Church of Jesus Christ of Latter Day Saints

(Sanctuary A)

Sunday Sacrament 0900

Jewish

(Sanctuary A)

Twice per month Call 2323

Filipino Bible Fellowship

(Sanctuary A)

Sunday

Worship 1800

Iglesia Ni Cristo

(Sanctuary B)

Sunday

Worship 2000

Pentecostal Gospel Temple

(Sanctuary C)

Sunday

Worship 0800 & 1700

Seventh Day Adventist

(Sanctuary B)

Saturday

Divine Service 1100

Islamic Service

(Classroom 18))

Friday

Worship 1300

United Jamician Fellowship

(BLDG. 1036 - Next to Phoenix Cable)

Sunday Service 1100 & 1830

*Please ask the Faith Group
Representative about Sunday
School Times, Education
Programs, Bible Study, Prayer
Groups, etc. For more, call the
Chaplain's Office at 2323.*

Ceramics and Pottery Classes

Halloween Ceramics

"Ghost on a Fence" – (ages 16 and up) Saturday, Sept. 7 & 21,
8-10am and Monday, Sept. 9 & 16, 9-11am or 6-8pm

"Happy Face Pumpkin" – (ages 7-9) Friday, Sept. 20, 5:30-7:30pm

"Halloween Mugs" – (ages 13-17) Monday, Sept. 23, 6-8pm

"Light Up Kitten or Puppy w/Pumpkin" – (ages 10-12) Friday,
Sept. 27, 5:30-7:30pm and Saturday, Sept. 28, 8-11am

Mom/Dad & Me – "Happy Face Pumpkin" – (ages 4-6) Monday,
Sept. 30, 8-10am or 6-8pm

Adult Beginning Pottery Classes

(2-part class, morning or evening)

Wednesday's Sept. 4 and Sept. 25 or Sept. 18 and Oct. 2

For times and price information, call the Ceramics and
Pottery Shop at 4795

You can sign up and pay in person for all classes at the Ceramics &
Pottery Shop before the class dates.



9-11 Memorial Service

When: Wednesday, September 11

Where: Base Chapel

6-6:30 pm

American Red Cross Volunteer Orientation

September 16, 7 to 8pm - FFSC Training Room

Call 5060 to volunteer or for more information

Iguana Crossing Volunteers

The Iguana Crossing needs volunteers for
the 6-8pm or the 8-10pm shifts Monday, Wednesday,
Friday and Saturday. New and experienced volunteers
welcome. Call 2323 during office hours to drop by the coffee
shop to sign-up.



Also, donations of coffee (espresso,
decaffeinated and regular, etc.),
sugar, milk, honey, cocoa, caramel,
whipped cream, and baked goods
are always welcome and needed.

W.T. Sampson

School Lunch Menu

Sept. 9 - 13

MONDAY

Chicken Pattie,
Lettuce & Tomato,
Baked Beans,
Fresh Fruit, Milk

TUESDAY

Ravioli, Tossed Salad,
French Bread,
Sliced Peach, Milk

WEDNESDAY

Pepperoni Pizza, Green
Beans, Fruited Gelatin,
Milk

THURSDAY

Hot Dog w/Cheese,
French Fries,
Sweet Peas,
Fresh Fruit, Milk

FRIDAY

BBQ Chicken,
Tossed Salad,
Rice, Fresh Fruit,
Milk

Recycle!



Creature Feature

*"Creature Features" are submitted by The Guantanamo Bay
Environmental Office*

Snook

By Paul Schoenfeld
Natural Resources Manager

The Snook (Centropomus undecimalis) is a popular game fish located throughout the Caribbean. Snook inhabit both fresh and saltwater but are most abundant in brackish estuaries, particularly mangrove lined bays and tidal streams. Snook are easily identified by the dark lateral line and prominent protruding lower jaw. They are elongated fish reaching up to 55 inches long and may weigh as much as 45 - 50 pounds. The largest Snook reported for Florida was 40 inches and weighed 44 pounds. Females generally grow to a larger size than males.

Snook are protandric hermaphrodites meaning they are first males, undergo a transitional period, and then become females. The change from male to female occurs when the fish are approximately 5 - 6 years old and 25 - 32 inches long, one reason why females are usually larger than males. Spawning does not occur in freshwater. The males' sperm is activated only by saltwater and adults must move to higher salinity waters for spawning. Juveniles do not move to the high salinity spawning area with adults but remain in fresh and estuarine waters for at least the first year.

Snook are carnivorous and occupy a spot at the top of the food web. They feed opportunistically and the adult diet consists mainly of fish and crustaceans. Their specific diet varies according to the habitat in which they reside and the wide variety of prey species results from the wide range of salinities where Snook are found. Studies on their food habits indicate they feed almost entirely within the water column and feed very little on bottom dwelling organisms and debris.

Snook are associated with mangroves and the single most constant feature of Snook habitat is the presence of mangroves. The distribution of Snook throughout their range very closely parallels the distribution of mangroves and the larger areas of mangroves typically coincide with larger numbers of Snook. The presence of Snook has also been shown to be characteristic of both high and low salinity mangrove systems. Nursery areas for immature Snook are also associated with brackish shoreline stands of red or white mangrove trees. The importance of mangroves for conservation of Snook and many other species cannot be overstated. Many authorities believe habitat and environmental alterations caused declining Snook populations rather than fishing pressure.

Snook distribution is also limited by water temperature. They cannot tolerate average water temperatures below 60 degrees and this limits their distribution to warmer climates. Although Snook have been recorded as far north as New York, low water temperatures generally prevent permanent populations north of Florida. It is interesting that in the winter of 1917, air temperatures dipped below freezing at Sanibel Island, Florida, and Snook were so lethargic that fishermen landed hundreds of pounds per boat using dip nets.

COMNAVBASEGTMO has conservation programs in place to ensure a sustainable recreational fishery for Snook and other popular game fish. The programs include efforts towards erosion and sedimentation control, mangrove restoration, and recreational fishing limits. By adhering to these limits you are contributing to the long-range goals of conservation. If you see a violation, report it by calling 4105 or VHS Channel 12. Security will respond.



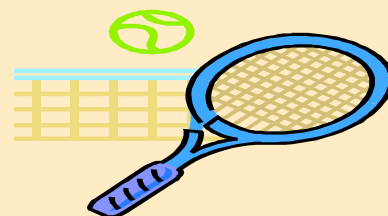
Tennis Anyone?

Join a group of tennis lovers for an afternoon of fun!!!

Tennis Follies is Sunday,
Sept. 22 at the Bayview
courts at 4pm.

Bring a covered dish to share for the social hour. Prizes will be awarded.

A \$2 donation will be collected to cover the cost of the prizes. For more information call Joe Hettler at ext. 5350.



ATTENTION NAVY FEDERAL CUSTOMERS:

If you have been waiting for a Navy Federal debit card to arrive, please stop by and it pick-up by 01 October 2002 as they will be destroyed after that date.

Old Luggage Wanted

If you have old and used suitcases and carry-on luggage you can donate it for K-9 Training. Call MA1 Zapf at 4151 for more information.



GTMO SHOPPER

FOR SALE

(1) 26" Huffy 15 speed mountain bike, \$50. Call 8-1162.

(1) Medela Double Deluxe Breastpump - electric or battery, single or double use. NEW, NEVER USED. For more info, call 7429.

(2) Oak dining table with 4 chairs, \$150.00 great condition. Computer desk, \$35.00. Pearl 5 piece drum set rarely used with stool, asking \$450.00 for set. Body sculpt stair stepper, asking \$100.00 only used twice. Call 5348 AWH.

(2) Bruizer paintball gun for sale \$140.00 OBO. Includes a hard carrying case, a 10" barrel and PMI regulator. Great for CO2, if interested call Ray at ext. 7797.

(2) Compaq IPAQ Pocket PC 1 year old, Play MP3, videos, Word, Excel, Synchronized outlook with PC asking \$250. Call W- 4233 or H-7951.

(2) Photographers Camera Set - absolute mint condition. 2 Minolta X-700 SLR Camera bodies - 2 50 MM Standard Lens - 28 MM Wide Angle Lens - Vivitar 70-210 Zoom Telephoto Lens - Minolta 100-300 Zoom Telephoto Lens - 2 Minolta 280 Flash Units. Assorted B&W and Color Lens Filters. Comes with a nice camera case. Paid \$1350 for the set, will sell for \$1,000. It's a total steal at \$1,000, but will negotiate price. Call 4647.

(2) Golf Clubs 3-9, irons, pw, sw (king cobra imitations) 1,3,5 woods, golf bag and pull cart. Asking \$80. Call W-4233 or H-7951.

(2) Camera Set: Minolta HT si Maxxum auto focus SLR Camera in mint condition. Has internal flash, 28 Wide angle lens. Program 3500 x3 external flash for extra power. \$400. Will negotiate price. Call 4647.

(3) For Sale: Solid wood-frame futon, 9-layer cotton cushion, retail price \$425, asking \$190. Call 7672.

(3) Sofa and loveseat; Black lacquer entertainment center (holds up to a 32" TV); black lacquer coffee table and two end tables; 12x15 mauve carpet. For pricing info, call 7887.

(3) Lyndale Electric Guitar w/ deluxe soft case and strap. Mint condition (never played). \$100.00 or will consider trade for weight bench & weights or cardio exercise machine. Call 7068 AWH.

(3) Twin size child's racecar bed. The hood lifts up to reveal a toy box. The head of the bed has a book area. Fair condition. \$35.00. Call 7068 AWH.

VEHICLES/BOATS

(1) For sale: 1987 Ford F-150 \$2000 obo. Call Ben at 5650 AWH, 2288 DWH.

(1) 2000 Ford Mustang. Automatic, power steering, power locks, power windows and cruise control. 3.8 L engine. Mach sound system with CD player and AM/FM cassette player. 23,000 miles, Excellent condition. Asking \$13,000 or best offer. Call Amanda at 5629 (H) or 7-2023 (W).

(1) 1978 Dodge D-100 Pickup Truck - \$1,000 obo, Call 4692

(1) 20 ft Cuddy Cabin with outboard motor, completely restored. Over \$3,000 invested in new parts and assecories. Newly painted and ready to hit the bay. Asking \$5,000 OBO. call Chad at 7072 after 4pm.

(2) 1996 GEO For sale. Very dependable, only 46,000 miles, cold A/C. NOT A GTMO Special, Great second car to ship back to the U.S. \$5000.00 Call 7711.

(2) Tired of renting? Own your own! 1991 Chris Craft boat 17 1/2 ft. Runabout with I/O 150 hp. One owner with very low hours. Trailer, custom cover and bimini top. Inspection completed. \$4500 OBO. Call AWH 7864 (leave a message if machine picks up).

(2) 1988 Larson Bowrider 17' fish/ski boat, 125hp O/B power trim-runs great! Boat & trailer good shape - VHF radio, stereo, lots of extras \$4200.00 OBO. Call 7800 or 5343 ask for Larry.

(3) 1989 Hyundai Excel in good condition - \$1,500 OBO. Available now. Call 5591 or 5696.

(3) 1996 Yamaha Virago 1100CC. Great condition, low miles. \$4600. Call 7672.

WANTED

Wanted: Family vehicle to fit 5 to 8 passengers. Preferably an SUV or minivan. We are looking for a vehicle in excellent overall condition; NO GTMO SPECIAL. FMI contact 7138 AWH.

GTMO special vehicle, preferably auto transmission, but will consider the right car for the right price. DWH 7-2185, AWH 7976.

Men's Snorkel/Dive gear. Do you have dive gear just gathering dust? If so, considering selling. Call 7068.

Looking for an experienced and reliable piano player to provide lessons in my home. Interested parties call 5418.

Sitter needed for two school age children. Beginning 2003 school year. 7:15 am through 2:30 pm M-F. Great job for local college student, lots of study time. Contact Tammy DWH 4162 x 224, after 5 pm 7185.

EMPLOYMENT

P/T Education Services Facilitator position (20 hrs/flexible) available at the Navy College Learning Center \$12.50/hr. Min. requirements: BA/BS from a regionally accredited college, experience with adult learners, computer literacy. Fax résumés to 3199, bring to NCLC RM 11 Chapel Hill or call John at 3997 M-Th 10-4.

The Fleet and Family Support Center (FFSC) is accepting resumes for a Program Support contracted position. (GS- 9 equivalent) The candidate must have a bachelor's degree in a social science field and will serve as the FFSC coordinator for the initiation, development, and coordination of proactive programs/services for Joint

Welcome Aboard!

Barry Amelio Salazar

Born: Sept. 2, 2002

6lbs 7oz ; 19 3/4

to Ashley and Robert Salazar



Task Force (160/170). The incumbent develops relationships and maintains liaison with the local JTF command and organizations on base to promote coordination of services and assistance for service members. Please submit your resume to the Front Desk at Fleet and Family Support Center, Bldg 2135 by September 6.

Community Bank is accepting resume's for the next two weeks for a Full Time Teller/CSR position. FMI please call 5116.

Navy Federal Credit Union is seeking a mature, energetic person with good people skills and a professional attitude to join our team. We have a part-time Member Service Representative position available. For more information, contact Kim Veditz at 4333.

LCN is accepting applications for a full-time Customer Service representative, also a full-time Cash Window position is open. For More information Call 3744.

The following are positions available through the Human Resources Office (HRO).

Open Continuous Vacancies: Supply Technician, 1st cutoff 12/21/01, closes 12/06/02

For more information contact the Human Resources Division at ext. 4822 or 4430.

The following job opportunities are available at the Navy Exchange.

F/T - Weekdays, Weekends:

Motor Vehicle Operator

Personal Services Clerk

Flex P/T - Weekdays, Weekends:

Cashier-Checker

For details, visit the Navy Exchange Personnel Office or call 4119.

YARD SALES

Patio Sale Evans Point 8-03 A and B Saturday, September 7, 7:00 AM. No early birds.

Saturday - 14Sep - VL 17A - 8am till 3pm - TV/VCR combo, PS2 Games, Women's Clothing, Toys, Rocking Horse, Computer Games, Bike, and lots more with low prices.

ANNOUNCEMENTS

The Contractors Social Network would like to welcome all contractors and dependents to a new and exciting network. We want to get together on a monthly basis and have some fun. Call Tammy, 7185, or Carolyn, 5550,

if you are interested in joining.

SERVICES

Pampered Chef orders can be placed by the 25th of each month at x7511. For more info or a catalog, give me a call.

To the NEX Salon customers of Kim Dowden: Because of the volume of customers waiting for service and the time required for each service, please call Kim at 7672 for Highlight Weaves and Color Treatments at least two weeks in advance

Avon Products are finally available in GTMO! To see a brochure, call Diane at 7892.

Are you interested in buying Tupperware? Call Suzette at 7865 for a brochure.

If you need a night to yourself, or just want to go out. Certified and experienced baby-sitter. Call Amanda at 7892.

Need help at home? Call Chaz at 7466 (does mowing, weed eating, and gardening). All prices negotiable.

Red Cross certified baby sitter. Experienced, responsible, and ready for anything. Call 7976, ask for Jessica.

Like to get away and have nights to yourselves? Experienced baby-sitter of 5 years! Call Mariah at 7466.

Experienced, Red Cross Certified baby-sitter available. Call Melissa at 5418.

Red Cross certified and experienced. Need a baby-sitter call CJ at 5418.

Baby-sitter - American Red Cross certified. Call Rhett at 7864 for your child care.

LOST & FOUND

Lost Treasured Heirloom Bracelet. Gold chain with Green Emerald and Diamond charm attached.. The Bracelet was possibly lost at the High School or Nob Hill. Please call 5517 if found, a reward is being offered.

PETS

Free to a good home, a 6-mo. old Collie named Starky. Must find a new home due to daughter's allergies. Call 7405 and leave message.

CROCODILE HUNTER

Action/Adventure

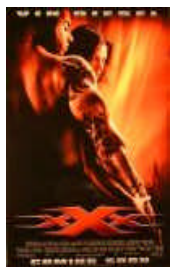
1 hr. 29 min.

*Starring: Steve Irwin,
Terri Irwin, Bindi Sue
Irwin, David Wenham,
Magda Szubanski*



Adventurer Steve Irwin - a.k.a. "The Crocodile Hunter" - has avoided the death-roll and nabbed another feisty croc, hoping to save it from poachers. What Steve doesn't know is that the croc has innocently swallowed a top secret U.S. satellite beacon, and the poachers are actually American special agents sent to retrieve it!

XXX



Action/Adventure
and Thriller

2 hrs. 04 min.

*Starring: Vin Diesel,
Samuel L. Jackson,
Marton Csokas,
Asia Argento, Eve*

A former extreme sports

Athlete Xander "XXX" Cage, notorious for his death defying public stunts. Betting he can succeed where other conventional spies have failed, Xander is recruited by NSA Agent Gibbons (Jackson) to become a different kind of undercover agent. Enlisted for a dangerous covert mission, he must use all his extreme skills to combat a clever, organized, and ruthless enemy far beyond the scope of his experience.

REIGN OF FIRE

Drama and Science

Fiction/Fantasy

1 hr. 48 min.

*Starring: Christian
Bale, Matthew
McConaughey, Izabella
Scorupco, Gerard Butler,
Alexander Siddig*



In present-day London, 12-year-old Quinn watches as his mother, a construction engineer, inadvertently wakes an enormous fire-breathing beast from its centuries-long slumber. Twenty years later, much of the world has been scarred by the beast and its offspring. As a fire chief, Quinn (Christian Bale) is responsible for warding off the beasts and keeping a small community alive. Into their midst comes hotshot American Van Zan (Matthew McConaughey) who says he has a way to kill the beasts and save mankind.

Movies

FRIDAY, SEPT 6

8pm Crocodile Hunter
PG - 89min

10pm Mr. Deeds
PG13 - 91min

SATURDAY, SEPT 7

8pm Men In Black II
PG13 - 91min

10pm XXX
PG13 - 114min

SUNDAY, SEPT 8

8pm Minority Report
PG13 - 140min

MONDAY, SEPT 9

8pm Reign Of Fire
PG13 - 108min

TUESDAY, SEPT 10

8pm Like Mike
PG - 100min

WEDNESDAY, SEPT 11

8pm Crocodile Hunter
PG- 89min

THURSDAY, SEPT 12

8pm Men In Black II
PG13 - 91min



**What's
Happening...**

WELCOME BACK TEACHERS NIGHT

September 7, 2002

All Parents are invited to come out
and welcome back the teachers.

7pm on the Bayview Patio

LABOR DAY 5K RUN

September 7, 2002

Race Start Time 6:30am

LIBERTY CENTER

Spades Tournament

September 8, 2002

Tournament Begins at 5pm

No Entry Fee

Prizes Awarded to the Winners

CAPTAIN'S CUP SWIM MEET

September 14, 2002

8am at the Windjammer Pool

Registration begins at 7am

FMI Call 7147

YOUTH SOCCER

Season Begins September 27th

Sign Up at the Base Gym

August 20th - September 10th

Youth Soccer Clinic

September 10th & 12th

AEROBICS

Marine Hill Fitness Center

Mon - Fri 8:30am - 9:30am

Mon - Fri 5:15pm - 6:15pm

Mon & Wed 6am - 7am

PARENTS NIGHT OUT

Child Development Center

Saturday, September 21, 2002

6:30pm to 12 Midnight

A reservation fee is due by

Wednesday, September 18th. The fee

is \$2.50 for one child and an

additional \$1.50 for each additional

child. The reservation fee is non-

refundable.

One hour-\$2.50, two hours-\$5.00

and three or more hours-\$12.00

FMI call 3664

For more information on any of the events
listed above, call 5225.